Community Health Plan
LOS ANGELES COUNTY

FAMILY PLANNING

Learn What Method **Works for You**

Are you having sex, but don't want to have a baby? Learn how to prevent getting pregnant through family planning.

REASONS FOR FAMILY PLANNING

Women who plan when to get pregnant have better health. They are less likely to get pregnant when they don't want a baby. They have fewer abortions. They have fewer health problems. Planning when you get pregnant gives you better choices about schools and jobs.

CHOOSING BIRTH CONTROL

Here are things to think about:

- Your health
- How often you have sex
- The number and role of your partners
- If or when you want children later
- How well the method works
- How much it costs
- Risks or side effects
- How easy the method is to get and use

TYPES OF BIRTH CONTROL

There are many types of birth control. The types below are free for Medi-Cal members. Talk to a doctor about what's best for you.

MORE THINGS TO KNOW

Most types of birth control do NOT protect you from HIV and other diseases spread by sex (STDs). Breastfeeding, stopping sex before you are done or rinsing after sex do not work as birth control.

Take control of your body. Learn how to prevent getting pregnant if you don't want to have a baby. Your doctor is the person to talk to about what is right for you.

Type	How It Works	Comments
Natural Family Planning	Using a barrier or not having sex during the woman's most fertile time of the month.	Needs your partner's support.
Hormones (birth control pills, shots, skin patch)	Prevents women from releasing an egg each month so they cannot get pregnant.	Works well if used right. May cause side effects. Not right for some women.
Intrauterine Devices (IUDs)	Small cap placed in the womb to keep sperm out.	Works very well. Must be put in by a doctor.
Barriers (condoms, diaphragms, sponges)	Prevents sperm from getting into the womb.	Easy to get. Must use each time you have sex.